



Cranberry Sauce Meatballs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



60

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounces roasted cranberry sauce canned
- 12 ounces chili sauce
- 0.8 cup brown sugar packed
- 0.5 teaspoon chili powder
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper
- 32 ounces meatballs frozen home-style thawed fully cooked

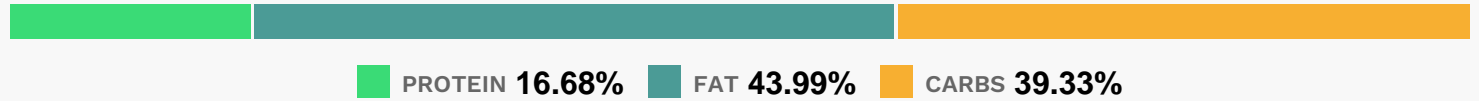
Equipment

- sauce pan
- slow cooker

Directions

- In a large saucepan over medium heat, combine the first 6 ingredients; stir until sugar is dissolved.
- Add meatballs; cook until heated through, 20–25 minutes, stirring occasionally.
- Heat sauce ingredients as directed.
- Add sauce and meatballs to a 4-qt. slow cooker. Cook, covered, on low until heated through, 2–3 hours.

Nutrition Facts



Properties

Glycemic Index:0.62, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8473913047625%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 66.08kcal (3.3%), Fat: 3.24g (4.98%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.29g (2.29%), Sugar: 5.53g (6.14%), Cholesterol: 10.89mg (3.63%), Sodium: 85.85mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin B1: 0.12mg (7.8%), Selenium: 3.85µg (5.49%), Vitamin B3: 0.76mg (3.8%), Vitamin B6: 0.07mg (3.48%), Phosphorus: 29.94mg (2.99%), Vitamin B2: 0.04mg (2.42%), Zinc: 0.35mg (2.31%), Potassium: 70.67mg (2.02%), Vitamin B12: 0.11µg (1.76%), Iron: 0.24mg (1.33%), Vitamin C: 1.09mg (1.32%), Vitamin E: 0.18mg (1.2%), Vitamin B5: 0.1mg (1.05%), Vitamin A: 51.01IU (1.02%), Magnesium: 4.03mg (1.01%)